



“JOURNEY TO THE GOLDEN LAND”

A RETREAT IN GRANADA, SPAIN

WITH JUAN SÁEZ AND FERRAN BLASCO

JUNE 19 – 26, 2017

You are invited to join us for an amazing journey to the magical and beautiful South of Spain. This unique retreat will be a perfect balance of exploration, culture, meditation, rejuvenation, and fun.

Juan Sáez and Ferran Blasco will be your guides on this exceptional adventure to the sacred jewels of this land. You will be introduced to the rich cultural and historical aspects of the sites, as well as the more subtle layers of energy and consciousness. These sacred sites will offer you the opportunity to experience the Divine in new and deeper ways.



PROGRAM OF ACTIVITIES AND VISITS

DAY 1 –JUNE 19TH

Morning

- Granada airport and city pick-ups, travel to resort (1 hour from Granada), arrival to hotel and check in.

Afternoon

- Lunch at the hotel.
- Personal time for resting and enjoying the hot springs and spa services that the hotel offers. (See details below in “What is included”)
- Short hike and outdoors Qi Gong and meditation practice.

Evening

- Group presentation and introduction to the retreat.
- Dinner at the hotel.



DAY 2 –JUNE 20TH - AQUEDUCTS OF ALICÚN DE LAS TORRES

Morning

- Outdoors Qi Gong and meditation practice.
- Breakfast at the hotel.
- Visit to the **magical aqueducts of Alicún de las Torres**. These five stone water channels, used still to this day since 20,000 years ago, are considered the spiritual guardians of this area and are associated with the ancient lost civilization of Atlantis. They carry powerful healing waters charged by the sunlight and teach us how to renew our being through the union of fire and water.

Afternoon

- Lunch at the hotel.
- Personal time for resting and enjoying the hot springs and spa services (that the hotel offers).
- Short hike and outdoors Qi Gong and meditation practice.

Evening

- Dinner at the hotel.
- Introduction to dream yoga and the divine body.



DAY 3 –JUNE 21ST - CALAHORRA'S CASTLE (Summer solstice day)

Morning

- Outdoors Qi Gong and solstice meditation practice.
- Breakfast at the hotel.
- **Visit to the Calahorra's castle.** High up, almost in the sky, surrounded by beautiful Sierra Nevada mountain peaks, is this mythical gem of Spain's renaissance architecture, filled with treasures that transport the visitor to a different time and space. We will read and experience its hidden legends, learn how to cultivate deeper roots into the Earth and experience a wider view into the heavens.

Afternoon

- Lunch at the hotel.
- Personal time for resting and enjoying the hot springs and spa services that the hotel offers.

Evening

- Short hike and outdoors Qi Gong and meditation practice.
- Dinner at the hotel.



DAY 4 –JUNE 22ND - GORAFE’S MEGALITHIC PARK & LIVE FLAMENCO

Morning

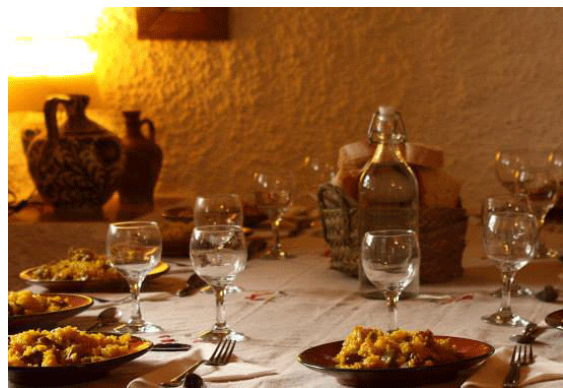
- Early breakfast at the hotel for early departure to morning activity.
- **Visit to Gorafe’s megalithic park.** This is the highest concentration of megaliths, prehistoric stone constructions, in Europe (about 200 in only 4 miles). Here we will come in direct contact with the wisdom of their builders and we will learn why these monuments that seem so simple are actually very sophisticated; how they are placed on Earth channels; and how they help to balance the environment and promote healing and spiritual evolution for those who come in contact with them.

Afternoon

- Lunch at the hotel.
- Personal time for resting and enjoying the hot springs and spa services that the hotel offers.

Evening

- Short hike and outdoors Qi Gong and meditation practice
- Dinner and flamenco at Tablao Casa Juana.



DAY 5 – JUNE 23RD - ABBEY OF SAN TORCUATO

Morning

- Outdoors Qi Gong and meditation practice
- Breakfast at the hotel
- **Visit to the Abbey of San Torcuato.** San Torcuato's hermitage is a place of exquisite silence and unpretentious architecture. It is one of these rare and special temples where the simple union of material and spiritual dimensions allow us to access the depth of our divine being just by being there. San Torcuato, saint patron of Guadix, who lived in 1st century, was one of the seven men known as the “Males Apostles” who brought Christian tradition to the Iberian peninsula (Spain and Portugal). He symbolizes our ability to connect with the source of joyful being and the ability to bring that into our lives as a concrete plan of action.



Afternoon

- Lunch at the hotel or in a home-cave in Guadix (TBA).
- Personal time for resting and enjoying the hot springs and spa services that the hotel offers.

Evening

- Dinner at the hotel.
- Outdoors star meditation practice.



DAY 6 – JUNE 24TH - GUADIX

Morning

- Outdoors Qi Gong and meditation practice.
- Breakfast at the hotel
- **Visit to the beautiful town of Guadix and energetic tour of its cathedral.** The beautiful town of Guadix is one of the oldest settlements in Spain, with prehistoric remains dating back 30.000 years. Originally an Iberian village, it became a crossroad of Phoenician, Roman, Christian, Islamic and Jewish cultures. Among other things we will visit a neighbourhood where people still live in home-caves excavated in the hills and its magnificent cathedral, where we will witness how its master builders treasured light as the sublime expression of divine energy.

Afternoon

- Lunch at the hotel
- Personal time for resting and enjoying the hot springs and spa services that the hotel offers.

Evening

- Short hike and Qi Gong
- Dinner at the hotel



DAY 7 – JUNE 25TH – ALHAMBRA & GRANADA

Morning

- Outdoor Qi Gong and meditation practice
- Breakfast at the hotel
- **Visit to the magnificent Alhambra in Granada.** The Alhambra palace is one of the true jewels of Spain's architecture, a majestic blend of geometry, light and water that open our hearts and reveals the harmony of our spirits. Originally built in AD 889 on the remains of Roman fortifications, it was renovated and rebuilt in the mid-13th century by Mohammed ben Al-Ahmar. Juan will guide us through an experiential journey of the magic, poetry and ancestral wisdom of this one of a kind place.

Afternoon

- Lunch in Granada
- Personal time for resting and enjoying the hot springs and spa services that the hotel offers.

Evening

- Dinner at the hotel
- Outdoors star meditation practice and introduction to the divine body.



DAY 8 – JUNE 26TH

Morning

- Outdoors Qi Gong and meditation practice
- Breakfast at the hotel
- **Visit to prehistoric mine of ochre.** For the ancients, ochre symbolized the father and mother energies (vital force and blood) and the strength of one's personal lineage. As a sacred pigment it was used to paint the inside of temples, magical objects and to cover oneself for ceremonies. This prehistoric mine is considered to have been used for ritual purposes and is guarded by ancient rock art that connects the place with the stars, solstices and equinoxes. This will be a very powerful ending for our exploration.

Afternoon (optional)

- Lunch at the hotel.
- Check out and travel to the airport or the city of Granada.

ABOUT THE RETREAT FACILITATORS:



JUAN SÁEZ is an expert in Geobiology, Earth Energies and dowsing. Like a true master from the most remote past, he enjoys a profound relation to the Earth and the cosmos. Thanks to that, he has the special gift of connecting you to the dimension of timeless wisdom and wellbeing that is stored in sacred sites. As guide and teacher he helps his students to raise their level of consciousness using wisdom, sensitivity, humor and a truly loving heart. Among his main teachers are Carlos Castaneda, Howard Lee, Dominique Susani, Juan Li and Zhu Gian Chan. As a gifted healer he also practices Chinese medicine, shiatsu and metamorphic massage. He is the author of “Arte zahorí: Geobiología consciente” and co-author of “Geobiología: A arte do bem sentir”. To see his full biography and other details visits: www.artezahori.com



FERRAN BLASCO is a practitioner of natural medicine, specializing in acupuncture and biotherapeutic drainage. Besides having a full time clinical practice in Rochester, Michigan, he is also a practitioner of the energetic arts, with an extensive background on pilgrimage to sacred sites and meditation. He has studied Zahori Art, geobiology and Sacred Geometry with Raymond Montery, Dominique Susani and Juan Sáez, teaching, researching and working in Europe, USA, Asia and South America. He has also studied internal alchemy, meditation and Eastern spirituality under the guidance of Juan Li, Dr. Mark Dyczkowski, Garchen Rinpoche and Chokyi Nyima Rinpoche. He is the co-author of “Where Heaven and Earth Unite”. To see his full biography and other details visits: www.zahoriart.com and www.rochesteracupuncture.us

WHAT IS INCLUDED:

- Transportation from the Granada airport to the resort on June 19th, and transportation from the resort to the Granada airport on June 26th.
- 7 nights at Alicún de las Torres Hotel.
- 8 days of meals (breakfast, lunch and dinner each day, beginning with lunch on June 19th and concluding with lunch on June 26th.) Lunch in Granada one day and flamenco program one evening.
- Hotel arranged transportation for all the excursions and visits.
- Unlimited access to the hot springs at the resort.
- One basic spa service each day (immersion bath, hydro-massage round shower or detoxification feet bath)
- All excursions and activities listed in the activities program.
- Entrance fees for all sites visited.
- Tuition for teachings and guided visits with Juan Sáez and Ferran Blasco

WHAT IS NOT INCLUDED:

- Air fare or train fare. (Each participant is totally responsible for their own transportation to Granada by the morning of June 19th, 2017 and for their departure from Granada after the retreat on June 26th, 2017)
- Travel and medical travel insurance (Proof of medical travel insurance is required to participate).
- Any tips at hotel or restaurant.
- Extra spa services at the hotel that are not part of the basic, included spa services.

COST:

- \$1575 per person, based on double room with bathroom.
- SPACES ARE LIMITED. This is a small group retreat; let us know soon if you want to come.
- If you're travelling on your own, we'll pair you up with a roommate of the same gender.
- If you prefer a single room add \$175. (There are very few single rooms, let us know soon if you choose this option.)

CONTACT FOR QUESTIONS AND REGISTRATION:

Shen Dao Institute

Email: info@rochesteracupuncture.us

Phone: (248) 841-1570

Address: 126 East 3rd Street – Rochester, 48307 – Michigan - USA

PAYMENTS:

Preferable payment method is check. 3% added to price if payments by credit card.

Price is quoted in dollars. Due to the constantly changing exchange rate for Euros, it is suggested that you pay in full as soon as possible, (if there are substantial changes price will have to be revised). If you prefer to pay directly in Euros let us know and we will provide you a Spanish bank account for depositing payment.

Payments plan option:

- \$575 Reservation fee (non-refundable).
- \$500 due by December 1st.
- \$500 due by March 1st.

CANCELLATIONS AND REFUNDS:

If after you reserve your space you need to cancel your participation in the retreat, the following applies:

- All cancellation notices must be received in writing (email is fine) and will become effective as of the date of the postmark or email reception.
- There is a \$575 non-refundable reservation fee.
- Until March 15th: full refund credit of whatever amount was already paid, minus reservation fee and any bank fees.
- After March 15th: No refunds. Another person you know might come in your place, if they are fit for the journey.

Arriving late or leaving before the retreat finishes, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions. In the unlikely event that the retreat was cancelled, participants will receive a full refund of amount paid including reservation fee.

HOW TO GET TO THE RETREAT LOCATION:

Depending on your itinerary before and after the retreat, you want to fly to Madrid or Barcelona. From there take a separate flight to the Granada airport (airport code: GRX) or a fast speed train.

A pick up will be arranged the morning of the first day of the retreat either at the airport or some other location in the city of Granada.

Hotel suggestions for before and after in Granada, Barcelona or Madrid: Upon request we can provide you with a list of suggested places to stay.

MEDICAL TRAVEL INSURANCE AND TRAVEL INSURANCE

It is required that you have medical travel insurance. Each retreat guest is required to have a minimum level of travel insurance that covers for medical emergency, evacuation and repatriation. You may already have coverage through your work, credit card, or annual travel policy. Please, check with them. If your pre-existing coverage does not meet these needs, you are required to purchase travel medical insurance.

It is recommend that you purchase this insurance to protect your travel investment. Travel insurance can offer financial protection for trip cancellation and interruption, as well as assistance should you encounter travel delays, baggage loss, or require medical treatment while travelling. If you wish to purchase travel insurance, and do not have a company that you normally work with to purchase insurance, we can provide you with information.

A FINAL NOTE

This is a truly special retreat. The places we will visit and the area where we will be staying are truly a magical place, a golden land where the spirit soars. Please let us know if you have any questions.

We are really looking forward to experience with you!